



## Early Journal Content on JSTOR, Free to Anyone in the World

This article is one of nearly 500,000 scholarly works digitized and made freely available to everyone in the world by JSTOR.

Known as the Early Journal Content, this set of works include research articles, news, letters, and other writings published in more than 200 of the oldest leading academic journals. The works date from the mid-seventeenth to the early twentieth centuries.

We encourage people to read and share the Early Journal Content openly and to tell others that this resource exists. People may post this content online or redistribute in any way for non-commercial purposes.

Read more about Early Journal Content at <http://about.jstor.org/participate-jstor/individuals/early-journal-content>.

JSTOR is a digital library of academic journals, books, and primary source objects. JSTOR helps people discover, use, and build upon a wide range of content through a powerful research and teaching platform, and preserves this content for future generations. JSTOR is part of ITHAKA, a not-for-profit organization that also includes Ithaka S+R and Portico. For more information about JSTOR, please contact [support@jstor.org](mailto:support@jstor.org).

proper measures to maintain the camps so occupied in a vermin-free condition and shall exercise such other precautions as shall prevent the interstate spread of disease from such camps, and the Surgeon General may from time to time detail officers or employees of the United States Public Health Service to make such inspections as shall be necessary for the enforcement of this regulation.

**Prohibiting the Interstate Transportation of Oysters and Clams Grown or Handled under Insanitary Conditions.**

The following section was added:

SEC. 38. After notification in writing by the proper health authorities, common carriers shall not transport nor accept for transportation in interstate traffic, nor shall any person, firm, or corporation offer for transportation in interstate traffic, any oysters, clams, or other shellfish which have been grown, fattened, or handled in such a way as to render them liable to become agents in the interstate spread of disease, and the Surgeon General of the United States Public Health Service shall from time to time cause sanitary inspections to be made by officers of the Public Health Service of beds used for growing or fattening oysters, clams, or other shellfish and of shucking houses and other similar places in which oysters, clams, or other shellfish are shucked or otherwise prepared for interstate shipment, and he may forbid the interstate shipment of any such oysters, clams, or other shellfish which are produced or handled in a manner which will render them liable to become agents for the interstate spread of disease.

---

**ARIDITY OF INDOOR ATMOSPHERES IN WINTER.**

In the January bulletin of the Kansas State Board of Health appears a short article entitled "Aridity of living rooms in cold weather," by S. D. Flora, observer of the United States Weather Bureau. The author emphasizes the more than desert dryness of the indoor air of artificially heated houses and buildings throughout the northern part of the United States during the winter. A series of measurements is given of the humidity of both the indoor and outdoor air at the Weather Bureau office in Topeka, Kans., during the winter of 1909-10. The observations were made three times a day—8 a. m., 12 m., and 4 p. m.—indoors and out, with the standard type of whirling psychrometer, over a period of 40 days of typical winter weather. The room in which the measurements were made was said to have been a steam-heated, well-ventilated office room, kept at an average temperature of about 72° F. For the period during which the observations were made the average indoor relative humidity was found to be 23 per cent. This is the same average as that obtained in Death Valley, Cal., during the summer of 1891. The outdoor humidity in Topeka at the same time averaged 82 per cent. The average relative humidity during the driest month of the year is stated to be for Yuma, Ariz., 35 per cent; for Santa Fe, N. Mex., 29 per cent; and for Pueblo, Colo., 38 per cent. The arid conditions in the residences of Topeka were not essentially different from those in

the Weather Bureau office, as was shown by observations on the humidity made in a number of houses in the city.

Indoor air in heated houses and buildings is, in cold weather, usually drier than desert air.

---

## CLIMATE AND TUBERCULOSIS.

### THE RELATION OF CLIMATE TO RECOVERY.

By JOHN W. TRASK, Assistant Surgeon General, United States Public Health Service.

In zoological gardens wild animals, including those from the tropics, such as monkeys and the felines, are prone to be sickly and ill-conditioned when housed in artificially heated buildings. When it is possible to house them in outdoor unheated cages, they do better, and often the best treatment that can be given to a sick animal is to put it in an outdoor cage. The experience with domestic animals is similar. Range cattle are freer from disease than cattle which are housed. An indoor life, and more particularly a life in heated dwellings, does not seem to furnish the natural or most suitable atmosphere for animals and in this statement we may include man.

Conditions unsuited to the well may be expected to be still more unsuited to the sick, who have the handicap of disease to combat. This has been found to be so. Those affected with certain diseases, among which is tuberculosis, do best under outdoor conditions. Some diseases, such as measles and typhoid fever, have naturally a short duration. These diseases either quickly overcome the body's resisting powers and cause the death of the patient or the diseases themselves are overcome by the development of increased resisting powers on the part of the sick. Tuberculosis is a disease of a different type. Its course is slower and the fight between the disease and the patient more prolonged. Tuberculosis does not quickly overcome the affected individual, nor does the individual to any great extent develop special resisting powers. Recovery depends upon the sick doing whatever is possible to aid the body in its fight against the malady. This means the living, so far as possible, of a life favorable to normal physiological functioning, the living of a favorable life in a suitable environment.

To live a favorable life, consideration must be given to the diet, rest, exercise and work, recreation and amusement, and peace of mind. Under suitable environment are included the conditions which will make the living of a favorable life possible, giving due consideration to the above factors, and also to the suitability of the atmosphere or climate to promote the highest physiologic efficiency of the human machine.